

Heart to Heart

An e-bulletin created especially for healthcare providers

In the News ...

Young Adults with High Blood Pressure Undiagnosed

According to figures from the American Heart Association's Scientific Sessions 2012, adults aged 18-24 years with high blood pressure are 28% less likely to be diagnosed as hypertensive compared to adults aged 60 and older. The research also reported that 65% of adults aged 25-31 years go undiagnosed. [Read more here.](#)

Being Heart Healthy Can Add 14 Years to Your Life

Findings from a new study published in JAMA has linked optimal heart health at middle age to an increase of 14 years of life that one is able to live free of cardiovascular disease, compared those who have one or more cardiovascular disease risk factors.

Early Menstruation Indicator for Increased CVD Risk

A recent study researching the link between women's reproductive risk factors and cardiovascular disease (CVD) found that women with onset of menarche at younger ages had an increased risk for developing cardiovascular disease versus other women.

All about Sodium ...

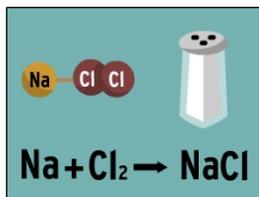
Sea Salt Not A Replacement for Table Salt

Many people may consider sea salt to be a healthier alternative to table salt. Sea salt has the same amount of sodium as table salt and the extra minerals are not present in high enough quantities to serve as a useful source. And while sea salt may be more mild or strong in flavor than table salt, research published by Food Research International found that respondents did not use any less sea salt than they would table salt. Meaning that sea salt would not be a viable replacement for table salt in efforts to reduce sodium.



Sodium "Microspheres" Can Slash Sodium, Save Flavor

New sodium "microspheres", dubbed "Soda-Lo" salt offers a means for food manufacturers to drastically reduce the sodium in their products, such as breads, peanuts, and microwave popcorn, according to statements from Tate & Lyle, the British-based agribusiness who developed the microspheres. The potential sodium replacement is able to reduce actual sodium content by maximizing the microscopic crystalline surface to deliver a saltier flavor without the additional sodium.



What about Stroke and/or Heart Attack ...

Third Universal Definition of Myocardial Infarction

The universal definition for myocardial infarction has been updated by the Joint ESC/ACCF/AHA/WHF Task Force. The third definition expands upon previous definitions by including biomarker indication, clinical classifications, and diagnostic detailing.



Obesity Paradox Trend Shows Better Stroke Outcomes

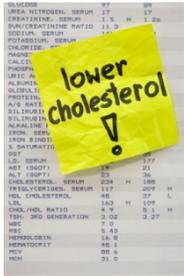
Research continues to show an inverse relationship between patients who are overweight or obese and improved cardiac survival rates, including stroke, compared to their counterparts. Such research leads to continued conversation regarding weight management strategies post stroke versus weight management as a primary prevention method.

Heart to Heart

The latest on Cholesterol . . .

Fasting Unnecessary for Lipid Test, Study Suggests

A large new study out published in the Archives of Internal Medicine in November found there to be little difference in lipid levels measured from fasting versus non-fasting state, with any difference in fasting levels to be too small to be of substantial benefit.



Lifestyle Changes, Statin Therapy Best for Dyslipidemia Management

Additional research to determine the optimal therapy for lipid management concludes that the use of intensified lifestyle interventions and statin dose should be utilized for patients not reaching their lipid goals before use of fibrates or niacin. The study highlights the results of large, well-controlled clinical trials that have demonstrated the effectiveness of statins in cholesterol reduction in diverse populations, including those with diabetes and coronary heart disease, with greater tolerance and safety than that seen with niacin and fibrates.

CSL-12 Potentially Promising New Therapeutic Approach

Results from clinical trials with the apolipoprotein A1 formulation, CSL-12, have shown rapid enhancements in key biomarkers for the early stages of cholesterol efflux. Such findings may lead to CSL-12 use in therapeutic therapy to reduce the atherosclerosis burden that may contribute to cardiovascular events.

What's new in Public Health . . .

The American Public Health Association (APHA) has unveiled a new public health infographic, designed to put the health value and societal benefit of public health endeavors into a visual representation easy for all to understand. According to the APHA, the "infographic is an excellent tool to show the positive impact of public health and reinforce the importance of funding for public health programs at all levels."



Points to Ponder from the APHA...

- Every \$1 spend on prevention, saves \$5.60 in health spending.
- Every \$1 spent on childhood vaccines, saves \$16.50 in future health care costs.
- The US spends 75% of its healthcare spending on preventable diseases, such as cardiovascular disease (CVD), obesity, and diabetes, while only spending 3 cents for every \$1 toward public health and prevention.
- For each 10% increase in public health funding, deaths from cardiovascular disease, diabetes, cancer, and infant death decreases.

Public health is vital to the work that we all do together to reduce the burden of cardiovascular disease and improve the health and wellbeing of Iowans.

"An ounce of prevention is worth a pound of cure."
— Benjamin Franklin



Funding public health protect communities infographic

The full infographic is available to view and download via the APHA website.

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